



Rules for the program "LuckyFit"

1. The presence of all LuckyFit participants in the organized meeting for the group is crucial. The meeting is held on the first day, of the program in Lucky Bansko Aparthotel (you will be notified about the hour by an employee at the reception).

This rule refers to both new and previous participants!

2. Compliance with the daily schedule of the program - **hours of eating, sports, massage treatments**. Please get information for exact hours and type of events every day. The daily schedule can be found on the reception.

Exceptions can be made only on serious justifiable reasons. It is mandatory to inform the organizer of the program in advance if you can not participate!

3. It is imperative that all participants follow the principles of the program during the entire stay at the hotel, in order to achieve optimal effect.

4. Compliance with the diet, which is defined in the program.

It is prohibited additional intake of food products and drink without being informed of the program manager! Exceptions are allowed only with contraindications in compliance, or medically proven or feeding peculiarities of the participant!

5. The presence is mandatory in all sport events in the program - hiking, gymnastics, dancing. The program is not an individual, the activities are in a group, and it must be taken into account during these activities. Caution should be exercised and you must follow the instructions of the mountain guide.

Exceptions are allowed only for participants with serious medical illnesses after informing the program manager!

6. Using the laundry wash service is valid only for clothes used in the program. It is mandatory to describe the laundry in washing sheets to be recorded the number and types of clothes and the room number.

A large amount of clothes that are collected for a week, and those who are not used during the program will be taken by the staff!

7. Please inform the program manager or the reception if you feel a health discomfort consequent to the program, as well as problems associated with normal involvement in activities.

We wish you a pleasant stay and relaxing vacation!

Program manager of LuckyFit

Ivan Velikov - kinesiotherapist